



USING PROTECTIVE FACTORS TO HELP IDENTIFY RELEVANT STRENGTHS

Parental Resilience
<ul style="list-style-type: none"> Caregiver exhibits self-awareness around issues that lead to stress, anger, depression or other emotional states that might impair his/her caregiving abilities Caregiver has self-awareness around aspects of the relationship/interactions with the child that he/she finds challenging Caregiver has effective self-care strategies already in place for when life feels overwhelming or stressful Caregiver is able to clearly articulate things he/she enjoys most about each child and about caregiving Caregiver is willing to engage in structured activities that enhance feelings of connection with the child Caregiver utilizes proactive self-care strategies to address triggering situations
Knowledge of Parenting and Child Development
<ul style="list-style-type: none"> Caregiver has a trustworthy source for parenting information that he/she is comfortable turning to when parenting feels overwhelming Caregiver has interest and curiosity around learning more about parenting and about his/her child as an individual Caregiver is interested in and willing to try out new parenting strategies
Social Connections
<ul style="list-style-type: none"> Caregiver has a friend or family member who he/she trusts as a confidante or ally and who is willing to play a specific role in supporting the caregiver Caregiver has a trusted friend or family member who can take an active supporting role and is willing to play a specific role in maintaining the child's safety Caregiver is active in community organizations or social groups that: <ul style="list-style-type: none"> Provide alternatives to behavior(s) that may be contributing to child welfare issues Connect families to community supports that help address the issue(s) that originally brought the family into contact with the child welfare system
Concrete Support in Times of Need
<ul style="list-style-type: none"> Caregiver knows how to access services or supports Caregiver is connected to friends or other individuals who can support his/her service navigation Caregiver is comfortable advocating for him/herself and the child Caregiver is able to articulate concrete needs
Social and Emotional Competence of Children
<ul style="list-style-type: none"> Caregiver provides warm and consistent responses to the child Caregiver engages in activities with the child that support social emotional development Child exhibits age-appropriate ability to express emotions Child has a strong bond with the caregiver Child has a strong bond with another adult Child has a strong bond with siblings or other children

WORKSHEET 1: USING PROTECTIVE FACTORS TO HELP IDENTIFY RELEVANT STRENGTHS

Family name _____

Caseworker name _____

Date last updated _____

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